



Everyday...Play Outside

- Scavenger hunt...look for acorns, leaves, bugs
- Play in the leaves
- Play a game of freeze tag
- Go apple or pumpkin picking
- Take in the foliage on a walk or hike

Happens Every Month

- **WIChealth.org:** Complete your WIC nutrition education online! You're just a few clicks away from discovering ways to help keep you and your family healthy. Lots of families like these activities because they can be done in the privacy of your own home. Check us out @ www.wichealth.org.
- **PEG TV:** Watch a 30-minute episode of **"What's Cookin' Rutland"** on your television (Local Public Access Channel 15) or online at www.pegtv.com for your **WIC Nutrition Education Activity**. During the show, a *WIC Nutrition Education Code* will display at the bottom of the screen. When you call our office (786-5811, option 2) to report your WIC Nutrition Education Activity, give us the code and one of the recipes you watched being prepared.
Channel 15 Schedule: Mondays 5pm, Tuesday 1:30pm, Fridays 8:30pm
Anytime Online: www.pegtv.com - Click on "Video on Demand" and choose "Cooking Shows" and scroll to a **"What's Cookin' Rutland"**
- **Tot Time:** The perfect opportunity to get your infant, toddler or preschooler out of the house while meeting other families in the area. Children enjoy playing with ride-on toys, gymnastics mats, bouncy balls and much more! Ask WIC about receiving a 1-Day Family Pass. Takes place Wednesdays & Thursdays, 10:00 – 12:00 pm, at Middlebury Rec Department, 154 Creek Road, Middlebury, VT.
- **EFNEP:** Want to learn more about nutrition, saving money, and preparing healthy, low-cost meals? By yourself or with a few friends and/or relatives? How about without leaving home? An EFNEP (Expanded Food and Nutrition Education Program) Educator will schedule a series of visits when it is best for you! Call Kate Bilinski at (802) 773-3349 ext. 271 to schedule.
- **Understanding Your Newborn Baby Behavior:** Join other pregnant women to talk about what to expect after your baby is born. We will talk about hunger cues, infant sleep, and ways to calm a crying baby. Held the last Monday of the month from 12:00 – 12:30 pm. Class is located in the Asa Bloomer Building on the 3rd floor in the WIC Office. Call Ashley at 786-5103 to sign up or for more information.
- **Understanding Your Baby's Cues:** Join other new parents to talk about what you are experiencing with a new baby in the house. We will talk about hunger and feeding cues, infant sleep, and ways to communicate with your baby. Held the last Monday of the month from 12:30 – 1:00 pm. Class is located in the Asa Bloomer Building on the 3rd floor in the WIC Office. Call Ashley at 786-5103 to sign up or for more information.
- **Pumping:** Returning to work shortly after your little one arrives? We are here to support you in this transition so you can continue breastfeeding successfully for as long as you and your baby desire. Learn about our breast pump program, what your employer is required to offer and what pumping routine might work best for you. Plan ahead so you're prepared! Held the last Monday of the month from 1:00 – 1:30 pm. Class is located in the Asa Bloomer Building on the 3rd floor in the WIC Office. Call Ashley at 786-5103 to sign up or for more information.

Happens Every Month, cont.

- Can't come to Rutland? Visit our Museum on the Go! Specific Dates, Times and Locations below. This event is held in different locations throughout Rutland County. This is free and no pass is necessary. For more information or directions call us at 786-5811.
Castleton WIC clinic site (Castleton University – Hoff Hall), October 19th, 9:30 am – 3:00 pm
Poultney WIC clinic site (Poultney United Methodist Church), November 7th, 9:30 am – 3:00 pm
- **Breastfeeding Class:** Join other pregnant women to discuss breastfeeding. All are welcome! Held the 2nd Tuesday of the month from 6:00 – 8:00 pm. Class is located at Rutland Regional Medical Center in the Leahy Center Rooms C & D. Please call 747-3695 to sign up or for more information.

One Time Events

- **Hauntingly Healthy Halloween:** Join WIC on Tuesday, October 31st, at 10:00 am – 11:00 am in the second-floor conference room, Asa Bloomer Building. Celebrate Halloween with some hauntingly healthy snack ideas. Everyone is encouraged to come in costume. We'll start our celebration with music and movement followed by creating monster treats that may be sampled! Call Ashley to sign up today at 802-786-5103 or for more information.
- **Thankful Hands:** Come and join us on Tuesday, November 14th, at 10:00 am for an activity on celebrating friendship. Children will learn a song, decorate their hand prints, and sample a healthy snack. Located in the WIC activity Room 1st floor of Asa Bloomer Building. To sign up for this activity, please call Jackie at 802-786-5113.
- **Wiclicious:** With holiday parties in full swing food gatherings are everywhere. Wouldn't it be nice to use some of your WIC foods in new recipes? WIC will be sharing recipes and cooking up samples just for you. Swing by the WIC activity Room 1st floor Asa Bloomer Building Thursday, December 21st, from 10:00 – 11:00 am to gather new ideas and have a tasty treat. Call Justin at 802-786-5110 for more information.
- **Kids Yoga:** Children 2-4 years old, join WIC on Thursday, January 11th, at 9:30 – 10:15 am in the second-floor conference room, Asa Bloomer Building. Practicing yoga enhances physical flexibility, refines balance, develops focus and boost self-esteem! Class taught by Cristina Murphy. Please bring a towel to use as a yoga mat. Call Ashley to sign up today at 802-786-5103 or for more information.

For some tasty recipes, visit <http://www.ebtshopper.com/recipes> on the WIC Shopper App. Enjoy!

Are you participating in a group or activity that you think should count as a WIC approved nutrition or physical activity event? Call Jill to see if we can add it to the list at 786-5111!